



LITERARY REVIEW ON ROGADHIKARA OF SHEETPITTA MENTIONED IN AYURVEDIC CLASSICS

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ABSTRACT

In current scenario of changing life pattern and sedentary life style people do not follow the rules of Dinacharya and Rutucharya .Sheetpitta is one among twak vikar .it describes as tridoshaj vyadhi but vat pitta dosh are predominant ,In modern science treatment is through steroids and antihistamines still there are chances of reoccurrence so ayurvedic medicine give boost for treating sheetpitta.

KEYWORDS : Sheetpitta, Urdara, Urticaria

INTRODUCTION-

Madukosh explained that though shitapitta and udrda are similar to each other there is predominant of vata in sheetpitta while udrda is dominated by kapha .Urticaria is common problem affecting upto 25 % of the population at some point in their lifetime .Pruritic wheals are the result of degranulation of mast cells and basophils ,with release of inflammatory mediators predominantly histamine there are many factors associated with the development of urticaria ,including reactions to food and food additives ,medications ,autoimmune and connective tissue diseases and infections .

MATERIAL AND METHODS-

Sheetpitta yog mentioned in ayurvedic texts-

1.Amrutadi kwatha-

Contents-Giloy ,haldi ,nimb chal, Dhama^{1,2}

2.Adarak khanda-

Content-Adarak 2 part ,cow ghee 1 part ,cow milk 4 part ,sugar 1 part
Prakshep dravya-trikatu, pippalimul, chitrak, vidanga, nagarmotha, nagkeshar, dalchini, elaichi, Kachur, tejpatra²

3.Gambharika dugdha –

Content- Riped and dried fruits of gambhari ,milk (cook in milk and consume)¹

4.Gudipyaka yog –

Content-Ajwain churna mix it in ghud and consume it⁵

5.Triphaladi Virechanam-

Content-Triphala kwatha,guggula,pippali churna,or triphala churna with honey^{2,5}

6.Chandana yog-

Content-Shweta chandan churna ,honey ,sugar,Tandulodak.

7.Nimbayoga –

Contents-Nimba Patra and Amalaki Ghrit^{1,2,4,6}

8.Darvyadi Tailam

Content-Sarsotailam, Devdaru,kut,sarja,yashti,patha for local application,or giloy with lalsarso tailam blend it with water then apply it as lepa.

9.Durvadi lepa-

Content-Durva ,haldi^{6,7}

10.Yashtyadi kwath-

Content-yashti, madhuk ,pushpa, rasna,Shweta chandan,lal chandan,nirgundi pipali.^{1,2}

11.Yavanyadi yoga-

Contents-1 part parad Bhasma, 1 part ajwain churna, 1 part gud⁸

12.Kustadi lepa-

Content-kushta,saindhav namak in equal ratio mix it in ghee apply it on effected area or can also use tulsi swaras for local application.¹

13.Kasmari phal yog-

Contents-Ripen and dried fruit of kashmari cook it in cow milk and consume it⁶

RESULTS-

The purpose of this article is to highlight all rogadhikara of sheetpitta mentioned in all ayurvedic text for decreasing reoccurrence and symptoms.

DISCUSSION AND CONCLUSION-

As modern point of view sheetpitta can be compared with urticaria.As nowadays there is rising trend in skin disorder where modern science deals with antihistamines and steroids .Steroids and antihistamines is not the only solution as there are chances of reoccurrence side effects .So ayurveda deals with herbo-mineral medicine form of churna kwatha ,lepa which may be useful in association with modern medicine for sheetpitta and which will decrease reoccurrence of disease without any side effects.

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